

The invention relates to a method comprising a multistep process for recovering betaine, erythritol, inositol, sucrose, mannitol, glycerol and amino acids from corresponding starting materials. The invention comprises the use of a weakly acid cation exchange resin in chromatographic column in the multistep process. The starting materials are especially beet molasses, betaine molasses, syrups, thick juices, raw juices, corn steep cane based solutions and glycerol.